

OPPC Wk 6: Pilates in Flow

Standing

Head Rotations
Chin Pull Backs
Multifidi Awareness
Shoulder Mobilisations
Finding neutral in standing
Ron's Clock

Transition

From standing to kneeling

Kneeling

Cat / Cow to find neutral
Cat / Cow for spinal articulation
Hip Circles
Hip & Shoulder Circles
Tail Wag
Pregnant Cat

Side Lying

Telescope Arms
Pinwheel

Lying Supine

Pelvic Rocking to find Neutral
Fingertip Abdominals
Marching or Toe Taps
Abdominal Curls
Abdominal Curls with Rotation
Spine Twist Supine
One Hundred Progressions

Sitting for Roll Downs

Roll Ups Roll Downs (new) or Roll Downs
Roll Ups Roll Downs: oblique (new)
Roll Ups Roll Downs: reach (new)
Elbow Slip

Sitting

Adductor Stretch (new)
Kathy's Accordion (new)
Spine Stretch Forward (new)

Supine

Bridging:

- Pelvic Curls
- Pelvic Tilts
- Typewriter
- Marching

Prone

Mini Swan
Rockets

Side Lying - Left Side

Pelvic Pushes
Bananas

Prone - again

Mini Swan
Rockets

Side Lying - Right Side

Pelvic Pushes
Bananas

All Fours

Pregnant Cat
Sternum Drop
Opposite Arms and Leg Reach
Plank Prep

Transition

From all fours to standing

Transitions: Flow

Standing

Wall Push Ups